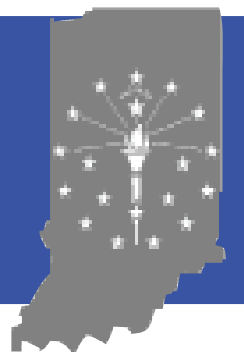


The INTERCHANGE

The official newsletter for Indiana state employees



Super Bowl memories are extra sweet for this family

Tyler Genneken is now into his eighth month of fighting lymphocytic leukemia. But for five days in February, both he and his family were able to forget about chemotherapy, surgeries, spinal taps and hospital stays.

Tyler, his Dad and his brother, watched from their seats at Dolphin Stadium as his Indianapolis Colts whipped the Chicago Bears to win Super Bowl XLI. Tyler and his family were guests at the Super Bowl, thanks to Sam's Club, Reebok, Children's Miracle Network and Riley Hospital. The entire Genneken family was treated to five days in Miami and guests at several Super Bowl festivities. Tyler's Mom, Joyce, is a Pensions Administrator with the Teachers Retirement Fund.

His Mom admits that Tyler has been an avid football fan since he was able



Tyler, a 12 year-old battling leukemia, shows his Super Bowl postgame smile and tells us who is #1. Tyler attended Super Bowl XVI with his family, including mother Joyce, a state employee with the Teachers Retirement Fund.

to walk and was playing football as soon as he was old enough. This year he was not able to play, but was made an honorary member and named the Twelfth Man.

While on vacation in July in Florida, Tyler spiked a fever and his body was covered with small, mysterious bruises. After a visit to a walk-in clinic, he was transferred to Tallahassee Memorial Hospital. Twenty-four hours later, he was diagnosed with leukemia and admitted to Riley Hospital for Children.

Since then, Tyler has fought a number of battles and he knows the battles are not yet over. Still, the memories of his Super Bowl experiences carry him through.

Sam's Club sponsored the Super Bowl Gospel Celebration and at that, Coach Tony Dungy sat behind Tyler. At one point, he leaned forward and

(continued on page 3)

No more than four for some drugs

In the fall of 2006, some pharmacies announced they were drastically reducing the cost of generic prescription drugs. Those reductions are still in effect.

Meijer boasts no cost for generic antibiotics. Target, Wal-Mart and Sam's Club charge \$4 for generic drugs, but the list includes more than antibiotics.

For a complete listing of what each pharmacy offers, log onto their respective Web sites (see right).

Meijer

<http://www.meijer.com/pharmacy/antibiotics.asp>

Target

http://sites.target.com/images/pharmacy/pharmacy_4dollar_program_list.pdf

Wal-Mart /Sam's

<http://i.walmart.com/i/if/hmp/fusion/genericdruglist.pdf>



Original artwork by Jerry Williams of State Personnel Department

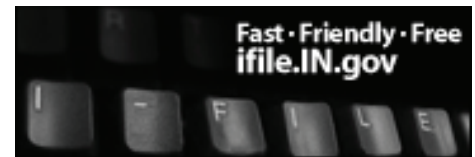
March is a good time to stop smoking

Registration for the March classes for Smoking Cessation are underway. Sign up today by calling Lisa Smith at 317.221.2084.

Classes will be held from 11 a.m. to 12:15 p.m. Fridays, beginning March 2nd and ending March 23rd. Each class will meet in the Indiana Government Center South (IGCS), Foyer 3 east. To get to the meeting room, take the IGCS east central elevators to the third floor, turn left off the elevator and the room will be straight ahead.

If there are employees, not located at the Indianapolis Government Center, but interested in the smoking cessation classes, contact Smith to discuss alternative sites.

Ready to QUIT!



I-File is the Indiana Department of Revenue's free Web-based tax filing service that allows you to file your Indiana individual income taxes quickly and securely. I-File's user-friendly features include:

- Question-and-answer format chooses the correct tax form and walks you through each step of completing your return.
- Pre-filled information (i.e. name, address and employer) to save you time when filing.
- Resume function allows you to save your work and finish at another time.
- Help links references information booklet instructions and worksheets.
- Reprint function that allows you to print your completed tax return.
- Review your tax return as you progress through your filing.

**96 percent of past users
would recommend
I-File to others.**

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Printed on Recycled Paper

INDIANA
Driven by People

Shoulder pads suit her just fine

Scharlotte Quantz has always been a football fan. She grew up watching her two brothers play and now she's suited up herself. She's one of two State of Indiana employees who are members of the Indianapolis Chaos, a women's tackle football team.

The Indianapolis Chaos is just one of 32 teams making up the Independent Women's Football League (IWFL). The league was started in 2000 and Indianapolis fielded its first team just two years ago. Each team has from 25 to 40 members, of all ages, shapes and sizes.

"Our quarterback last year was 54 years old," boasts Quantz, an employee with DCS. "We've got women from 19 years of age and on up. We've got players from 5' tall to 6' tall and all in-between. We've even got small women who think they're big." Quantz said Chaos members are from Central Indiana and that they are always looking to add to their roster.

The players pay their own way. That means they get sponsors, solicit family and friends and/or conduct fundraisers to raise the necessary money for uniforms, travel, equipment and conditioning.

Members of the Indianapolis Chaos have conditioning workouts at least three times a week. Their season will start in April and will run for 10 weeks. Home games are played at Arlington High School in Indianapolis on Saturday evenings. Because they are the only Indianapolis team, they are often on the road. Road trips take them all over the country, from California to New York to Florida to Washington.

Anyone interested in learning more about the league can contact Crystal Carter at 317.418.2796 or e-mail at dcarter@indianapolischaos.net.

You can also visit the team's Web site at www.indianapolischaos.net.

Super Bowl (continued from page 1)

asked Tyler how he was doing (Coach Dungy had met Tyler at Riley several months earlier and the two of them played the game "Operation.").

At the celebration, Tyler met Jerry Rice, Willie Whitehead, Michael Gaines, Roland Williams, and Cedric the Entertainer. His Mom got to have her picture taken with Emmitt Smith, a former Dallas Cowboy and one of America's top dancing stars.

Each year Sam's Club selects a member hospital from the Children's Miracle Network to honor. This year, Riley Hospital was chosen from all the hospitals across America. And through the efforts of Riley Children's Foundation and the hospital's Child Life staff, Tyler was chosen for the Super Bowl trip.

Tyler's Mom said that when he was told he had been selected, he just had two questions: "Are you sure?" and "Why me?" He was absolutely thrilled, she said. Initially, the package included just two tickets to the game, but a VP with Reebok heard of Tyler's opportunity and offered a third ticket, allowing Tyler's brother to attend, as well.

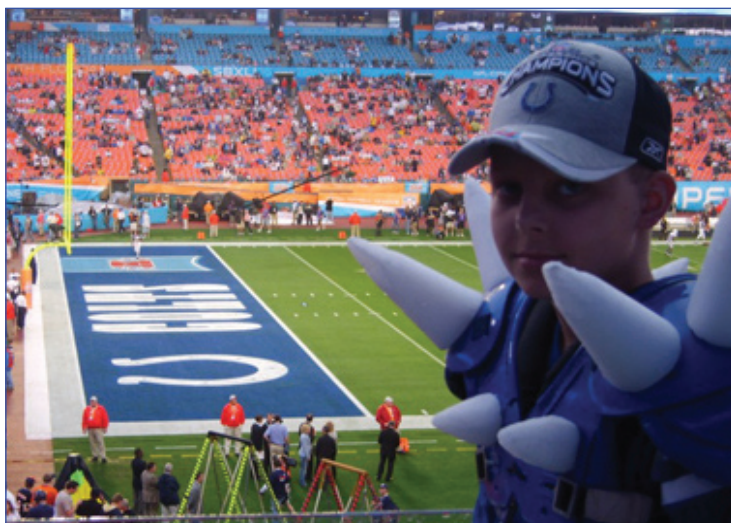
The family is grateful, not just for the Super Bowl trip, but for all the support and encouragement they have received. To help other families with similar circumstances, they are hosting a fundraiser for Children's Cancer Research.

The "Shave the Way to Conquer Cancer" is scheduled for Thursday,



Tyler (above) at the Super Bowl Gospel Celebration with future NFL Hall of Fame receiver Jerry Rice.

Below, Tyler is all geared up for the start of the big game in his seats near the Colts endzone at Dolphin Stadium.



March 15, from 6 to 10 p.m. at the Knights of Columbus Hall. The Hall is located at 511 E. Thompson Rd., Indianapolis. Tyler's Dad has agreed to shave his head and is encouraging others to step up to the razor and shave. There are three ways to volunteer – they need barbers to shave heads, they need heads to shave, and they need money for the cause.

If interested, log onto St. Baldrick's Web site at www.stbaldricks.org and sign up. Tyler's team name is Bone's Believers (According to his Mom, "Bones" has been Tyler's nickname for several years).

It's not too late to start over

The Indiana National Guard is looking to help some teens in need of a second chance. Its program, Youth Challenge, is a voluntary, preventive program designed to give at-risk youth a second chance by helping them improve their life skills, education levels and employment potential.

It's a 17-month program geared toward male and female high school dropouts. Some of the basic qualifications include: applicants must be drug-free, a legal Indiana resident, mentally and physically capable to participate in the program, unemployed and not be in trouble with the law.

The program has three phases. The first phase, two weeks, assesses to determine their potential for successfully completing the program. Phase Two is a five-month "quasi-military" program and the third phase is a one-year post-residential program, where the teens return to their communities and implement their life plans.

Barry Stewart, who spearheads the Indiana program, said that although the National Guard began the program 1993, this is the first year Indiana has received funding. According to Stewart, the national program has been independently rated the most cost-effective, efficient and successful program for at-risk youth in the United States.

The Indiana program can host up to 150 teen-agers. Applications are now being accepted. The deadline is Friday June 8, 2007. Classes start Sunday, July 8 at Camp Attelbury. For more information or to apply, visit the Web site at: www.ngycp.org/state/in. You can also contact Ms. Barry L. Stewart at 317.331.1412 or by e-mail at: Barry.Stewart1@us.army.mil.

That's classified information!

State employees submitting items for sale must agree to the following rules:

- Contact information must include either a phone number (home or cell, no state



numbers)
or a home
e-mail
address.

Include
your area
code!

- Ads
must be
submitted
via e-
mail to

spdcommunications@spd.in.gov, the items must be included in the body of the e-mail, no photos or attachments are allowed. No bold or italic type, no ALL CAPS.

- There is a limit of one ad per employee per issue. Each ad has a limit of three items.

- Deadline is the 10th of the month prior to the next issue.

- If garage sale, need to list times, date, street address and town.

- No real estate, for sale or rent.

- No Avon, Mary Kay, vitamins, etc.

- No businesses or professional services (i.e., tax preparation, car repair, animal breeding, etc.).

- State Personnel Department staff reserves the right to edit and/or refuse any ads.

“Company Store” patchwork quilt/shams/bedding; “Company Store” construction truck bedroom accessories. All for \$300 or will sell individual. Elegant “Bonny” wedding dress size 10-12, matching veil, size 9 shoes. \$350. Wrought-iron bunk bed futon with futon & twin mattresses, \$200. All like new. 317.946.5220.

2000 Ford Escort ZX2 sport; 84,000 miles; new tires, timing belt, plugs, air filter & fuel filter. Asking \$2,500; will sell as is for \$2,000 (needs sensor fixed, part will cost about \$200). Call Kila, 317.996.4485 or 765.318.5282.

Suzanne Sommers Torso Track (original), good condition; not being used, need the room. \$100 obo. Call 317.297.7862 or e-mail caenre@yahoo.com.

55-gallon aquarium, wrought iron stand, all fish & supplies. Contact Deanna at 765.472.1838.

2005 Sierra 30-ft travel trailer; used once; front kitchen, in brand new condition. \$23,000. Contact Melanie Zumhingt at 812.279.3264 evenings or e-mail mjhz@hughes.net.

Liftmaster garage door opener (needs a cell; paid \$407. Unfinished two-piece entertainment center; Emerson Quiet Cool air conditioner; 12,000 BTU. Call 317.291.6797 or e-mail ggiarr1190@aol.com.

Bridal set, white gold, one carat TW; princess cut solitaire engagement ring & matching wedding band with diamonds; written guarantee, warranty & receipt included. Priced at \$2,000, sacrifice for \$1,000. Wedding gown, size 22, ivory satin with beading, \$179. Boom bass speakers, new, Sony Xplode. \$80. Phone 812.988.1879 or 812.345.3668 or e-mail, Sinderbaby@aol.com.

1994 purple Pontiac Sunbird convertible; runs good; 160,000 miles. \$600. Call 317.209.9896.

Couch & love seat; medium sage green Chanel fabric; excellent condition; love seat hardly used. \$600. Call Jackee, 317.299.5408, leave message.

Baby convertible stroller/infant car seat; bassinet with coordinating bedding; lactation pump. \$100 for all or \$35 each. E-mail slt71@aol.com or call 317.271.0530.

Kittles adjustable, electric bed with remote; dual zone variable speed vibrators; Simmons Beautyrest X-long twin reversible mattress set; clean, shows no wear; \$225. Contemporary floral tapestry pillowback chair; 29H x 39D x 52W; clean, shows no wear \$100. Cardio

Fit Plus low body impact machine for push/pull exercises; adjustable seat; \$50. Call 317.701.7285.

Six new leather Parson's chairs; tags still attached. Contact DSWALK1@aol.com for details.

1981 Suzuki GS650 motorcycle; runs great; carbs have been rebuilt; needs new battery to run. \$800 obo. Contact Brian at imbb88@aim.com.

4-wheeler; 2000 Kawasaki Lakota, 300CC; great condition; less than 300 hours; includes THX helmet & bi-fold ramp. \$2,000 firm. Contact sonofcurdy@insightbb.com or Ernest at 812.246.5330.

iPod Shuffle; brand new; still in original box; 240-song capacity. \$60. Call 317.873.4437.

2005 Honda scooter; barely used; great gas mileage; storage under seat; key start; needs no license to operate. \$2,000 obo. Call 317.535.8804.

Compaq Presario S000/8000 series S4020WM desktop computer; perfect starter PC for college student or child; Windows XP Home Edition operating system; 128 MB installed memory; tower includes CD-RW & 3.5" drive; 2 GHz processor speed; includes keyboard, speakers & flat screen monitor. \$250. Call Anne at 317. 509.5274 or email gopfarmgirl@yahoo.com.

Complete Motion Sound Leslie set up; all cables & foot switch included; excellent condition. \$750 obo. Contact Mike, 765.966.9808 or mjjordan@parallax.ws.

2001 Honda Civic EX; black; 4-door sedan; 4-speed auto; 70K miles; ABS; CD player; moon roof; first owner. \$9,100. Contact Vincent at 765.409.2585.

Free to good home; male pup, under 1yr. old; Pit & Jack Russell mix. Very affectionate, lots of energy. Moving & can't take. Leave message @ 317.514.9799 or e-mail, misslynn62@yahoo.com.

Update on INShape Indiana's 10 in 10 Challenge



People all across Indiana are eating better and moving more...and losing! Weight, that is. They are actually winners, and the prize is looking and feeling better and developing healthier habits.

Thousands of Hoosiers are participating in the 10 in 10 Challenge to lose 10 pounds in 10 weeks. Many state employees are succeeding in their efforts to improve their help with the support of this INShape Indiana challenge. Here are just a few of their success stories:

***Sarah Rutschmann, Receptionist,
Logansport State Hospital***

"I just recently signed up for the 10 in 10 Challenge. I am also signed up here at LSH for our challenge, which runs through March 30. It is the LSH Challenge (Living Sensible & Healthy - also stands for Logansport State Hospital). Our Community Services Coordinator, Heather Fryman, is spearheading this program through the Wellness Committee, which I am a member. This is our third challenge at LSH and I am happy to have been a part of each one. Each time the challenges are harder and this last challenge was harder to stay motivated so close to the holidays. I have a great team and am happy to be part of a group of three other encouraging members.

There were 72 that signed up with our group and one of my teammates and I have been going to our auditorium and walking for a mile during our lunch, which we never did before. I have volunteered to work with my daughter's volleyball team as assistant coach and am hoping to lose 20 to 30 pounds by April 1. I am glad that the state is doing this and I appreciate the e-mails. They are good reminders and a source of encouragement!"

***Barb Klotz, dietary supervisor,
Evansville Psychiatric Children's
Center***

"I joined the 10 in 10 Challenge because we are doing a Biggest Loser contest here at the Center. I am willing to participate in anything that will help me stay on track and stay healthy. We have 10 people participating -- three men and seven women. We started on January 2nd and we are going to April 2nd. The guys have lost about 15 pounds on average and the women are averaging five to eight pounds to date."

***Arleen East, Lan Administrator, Indiana
Office of Technology***

"I started INShape Indiana the first of January and joined the YMCA and have been working out about three times a week. I have already lost nine pounds and I am feeling so much better already. I have been going through a lot of depression these past couple of years and now I am feeling better than I have felt in a long time. Not only am I working out but I am also meeting new people and seeing old friends that I have not seen in years. I am doing step aerobics and doing free weights on the nights they do not have the step aerobics class. If I am already feeling this good after only nine pounds, I can not wait to meet my goal of 50 pounds and then, watch out world!"

***Walter Evans, Bridge Inspection
Engineer, Indiana Department of
Transportation in Greenfield***

"In September of 2004, I weighed around 260 pounds. I had just gotten some lab results indicating that I had over seven times the amount of protein in my urine than that of an individual suffering from proteinuria. My father died in 2002 from poor kidney health. Before being referred to a nephrologist, I decided that it

wouldn't be fair to my three boys (at that time ages 12, 10 and 6) to not have their father around. It was time to get serious about weight loss. Following a strict diet of increased fruits and vegetables, taking proper medication and exercising every day, I was able to lose some weight. Fortunately, I have three brothers who had run marathons in the last 15 years. Using this as motivation to continue my weight loss, I decided to sign up for the Mini-Marathon in May. When I came into my nephrologists that November, I had lost over 25 lbs. and the protein levels were coming down. He told me to keep doing what I was doing and to see him in May. By race day, I had lost over 45 lbs. and the protein levels continued to come down. Since May 2005, I have run one ultra-marathon, five marathons (including New York City), two 30-km races and four half-marathons. My lowest recorded weight was 193 lbs. Currently, I am closer to race day weight in 2005. But, I have gotten my life back and am preparing to tackle my next competition, the half Ironman in Muncie in July. You have heard the old adage, "If I can do it, anybody can do it." Well, I am believer in this. I have also tried to take an active role in getting some new trails built near my home in Henry County. With this new trail system, I hope to someday tell my kids to "go take a hike" instead of playing on their X-box. I wanted to share this with you as I am strong believer in this program and am willing to help in any way possible."

(Turn to page 6 for additional comments on the program and how you can get involved.)

Long distance service can be a credit



The Internal Revenue Service (IRS) is offering taxpayers a one-time opportunity for a credit on their 2006 federal taxes for long distance telephone service.

According to the Office of the Utility Consumer Counselor (OUCC), taxpayers with residential phone service can either claim a standard deduction or itemize the deduction.

Depending on the number of exemptions, the standard deduction ranges from \$30 to \$60. If a taxpayer chooses to itemize, the consumer would claim the actual amount of federal telephone excise taxes paid between Feb. 28, 2003, and Aug. 1, 2006.

Itemized deductions for the federal telephone excise tax are limited to three percent and cannot include state taxes or entire phone bills. Businesses and non-profit organizations can also itemize and claim refunds for actual federal telephone taxes they have paid.

Line items for the federal telephone excise tax credit can be found on IRS Forms 1040, 1040A, 1040EZ, 1040NR and 1040 NR-EZ. Also, the [OUCC Website](#) offers links to additional IRS information.

Endorsements of healthy living continue

Aame Joslin, Family Case Manager, DCS in Columbus

"I wanted to share Bartholomew County DCS/DFR's wonderful commitment to their health. We began our weight loss program on Oct. 10, 2006. We have had 21 participants and have lost more than 120 pounds. We weigh in weekly and encourage each other by bringing in healthy snacks and walking at lunch. I am so proud of our group and our commitment to health! We will continue to weigh in weekly long after the "10 in 10" is over.

"One Care Street gave us a financial

incentive to participate in the online survey and presentation. Wouldn't it be great if there was a financial incentive to combat obesity in Indiana? In our office, 90 percent of us are 25 or more pounds overweight.

We started this program in October with a financial incentive with only eight people. We've now more than doubled our participants. We are healthier and happier because of it.

"Our rising health care costs have as much to do with smoking as they do with obesity and sedentary lifestyles. Let's reward those who take care of themselves, and offer programs at

It's not too late to take part in the challenge

INShape Indiana invites you to join these state employees and Hoosiers all across the state who are succeeding in the 10 in 10 Challenge. We encourage those who could benefit from it to commit to losing 10 pounds in 10 weeks.

However, anyone, whether he or she has a weight loss goal or not, can use the information provided during the challenge to make healthy changes.

If you haven't already, go to www.inshape.IN.gov to join INShape Indiana and take part in the 10 in 10 Challenge so you will be sure to receive the weekly emails about the challenge.

You can sign up at any time and join

the thousands of others who have already made the commitment. It is never too late to start improving your health.

If you would like to share your story with others and possibly be featured in The Interchange, please send an e-mail to Tanya Parrish, INShape Indiana Director, at tparrish@isdh.in.gov.

In the e-mail include your name, title, agency, why you decided to participate in the challenge and how you are doing so far.

Good luck with the challenge.
www.inshape.IN.gov
Log on. Lighten up!
800.433.0746



inshape.IN.gov